

# Grocery List

## MEAT AND FISH

- 4 rashers ..... ☐
- 4 mackerel ..... ☐
- 4 chicken breasts ..... ☐
- 4 pork chops ..... ☐
- 180g of chorizo ..... ☐
- 300g of prawns in their shells ..... ☐

## DAIRY

- 75g of soft goat's cheese ..... ☐
- 50g of hard goat's cheese ..... ☐
- 50g of butter ..... ☐
- yogurt ..... ☐
- 80g of cheddar ..... ☐

## FRUIT AND VEGETABLE

- 300g of broad beans, shelled ..... ☐
- 2 spring onions ..... ☐
- mint ..... ☐
- chives ..... ☐
- ● 2 onions ..... ☐
- ● 2 small bulbs of fennel ..... ☐
- ● 3 lemons ..... ☐
- thyme ..... ☐
- ● rocket ..... ☐
- mixed leaves ..... ☐
- rosemary ..... ☐
- 2 nectarines ..... ☐
- 4 large tomatoes ..... ☐
- 1/2 a red chilli ..... ☐
- coriander ..... ☐
- 1 lime ..... ☐

## STORE CUPBOARD

- baguette ..... ☐
- smoked paprika ..... ☐
- 120g of chickpeas ..... ☐
- honey ..... ☐
- rice for 4 ..... ☐
- fennel seeds ..... ☐
- ● olive oil ..... ☐
- ● white wine vinegar ..... ☐
- 40g of pistachio nuts, shelled ..... ☐
- salad dressing ..... ☐
- brazil nuts ..... ☐
- 50g of bread crumbs ..... ☐
- Dijon mustard ..... ☐
- sunflower oil ..... ☐
- white rice ..... ☐
- stock ..... ☐